
Acces PDF Pdf Deprivation Sleep On Paper Research

Thank you completely much for downloading **Pdf Deprivation Sleep On Paper Research**. Maybe you have knowledge that, people have see numerous time for their favorite books when this Pdf Deprivation Sleep On Paper Research, but end in the works in harmful downloads.

Rather than enjoying a fine book considering a mug of coffee in the afternoon, otherwise they juggled past some harmful virus inside their computer. **Pdf Deprivation Sleep On Paper Research** is user-friendly in our digital library an online permission to it is set as public so you can download it instantly. Our digital library saves in multiple countries, allowing you to acquire the most less latency epoch to download any of our books afterward this one. Merely said, the Pdf Deprivation Sleep On Paper Research is universally compatible later any devices to read.

KEY=SLEEP - MALLORY FRANKLIN

Sleep Disorders and Sleep Deprivation

An Unmet Public Health Problem

National Academies Press Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. *Sleep Disorders and Sleep Deprivation* presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Sleep Deprivation and Disease

Effects on the Body, Brain and Behavior

Springer Science & Business Media The cognitive and behavioral implications of sleep deprivation have been noted in the medical literature for many years. In addition, emerging research continues to demonstrate the contribution of sleep deprivation to some of the most common and costly health conditions today. *Sleep Deprivation and Disease* provides clinically relevant scientific information to help clinicians, public health professionals, and researchers recognize the ramifications of sleep deprivation across a broad spectrum of health topics. This timely reference covers sleep physiology, experimental approaches to sleep deprivation and measurement of its consequences, as well as health and operational consequences of sleep deprivation. Clinical challenges and areas of uncertainty are also presented in order to encourage future advancements in sleep medicine and help patients avoid the outcomes associated with the myriad causes of sleep deprivation.

Sleep Deprivation and Cognition

Academic Press *Sleep Deprivation and Cognition, Volume 247*, the latest release in the Progress in Brain Research series, covers the effects of sleep deprivation, with this new release featuring sections on the impact of sleep deprivation on long-term memory, Adolescent sleep restriction effects on cognition and mood, Self-regulation and social behavior during sleep deprivation, Experiential decision-making and the effects of sleep loss, Sleep deprivation and dynamic attentional control, a Pharmacogenetic approach to understanding sleep deprivation and cognition, Neuroimaging of functional connectivity in the sleep-deprived brain: what does it tell us?, and more. Brings together scientists working in the area of sleep deprivation with scientists involved in research and theory in cognitive

neuroscience Fosters theory-driven research on sleep loss and cognition while also advancing a general understanding of cognitive neuroscience Provides a foundation for the design of countermeasures to prevent human errors and accidents caused by sleep loss

Why We Sleep

Unlocking the Power of Sleep and Dreams

Simon and Schuster "Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

Sleep and Health

Academic Press Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual, community and population levels, as well as a discussion of the implications for public health, public policy and interventions. Based on a firm foundation in many areas of sleep health research, this text further provides introductions to each sub-area of the field and a summary of the current research for each area. This book serves as a resource for those interested in learning about the growing field of sleep health research, including sections on social determinants, cardiovascular disease, cognitive functioning, health behavior theory, smoking, and more. Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities, sleep and cardiometabolic disease risk, real-world effects of sleep deprivation, and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often-overlooked areas, serving as a helpful guide to all relevant information on this broad topic area

Sleep and Wakefulness

University of Chicago Press For half a century, Sleep and Wakefulness has been a valuable reference work. It discusses phases of the sleep cycle, experimental work on sleep and wakefulness, sleep disorders and their treatment, and such sleep-like states as hypnosis and hibernation.

Your guide to healthy sleep

DIANE Publishing

Human Sleep and Cognition

Basic Research

Elsevier Human Sleep and Cognition

Patient Safety and Quality

An Evidence-based Handbook for Nurses

"Nurses play a vital role in improving the safety and quality of patient care -- not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with

additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality -- Patient Safety and Quality: An Evidence-Based Handbook for Nurses. (AHRQ Publication No. 08-0043).--Online AHRQ blurb, <http://www.ahrq.gov/qual/nursesfdbk>.

Sleep in the Military

Promoting Healthy Sleep Among U.S. Servicemembers

Rand Corporation "Rand National Defense Research Institute."

Handbook of Sleep Research

Academic Press Handbook of Sleep Research, Volume 30, provides a comprehensive review of the current status of the neuroscience of sleep research. It begins with an overview of the neural, hormonal and genetic mechanisms of sleep and wake regulation before outlining the various proposed functions of sleep and the role it plays in plasticity, and in learning and memory. Finally, the book discusses disorders of sleep and waking, covering both lifestyle factors that cause disrupted sleep and psychiatric and neurological conditions that contribute to disorders. Emphasizes a comparative and multidisciplinary approach to the topic of sleep Covers the neurobiology and physiology of sleep stages, mechanisms of waking, and dreaming Discusses in detail the proposed functions of sleep, from health and rest, to memory consolidation and synaptic plasticity Examines the current state of research in mammalian and non-mammalian species, ranging from primates to invertebrates

Improving Sleep: A guide to a good night's rest

Harvard Health Publications

The Roy Adaptation Model in Action

Bloomsbury Publishing This book is part of the Nursing Models in Action Series, which provides in-depth theory and practical applications of the major nursing models. Roys Model allows nurses to examine both physiological and psychosocial issues related to the patients and their care. By confronting the way that individuals react to stress, nurses using Roys Model can achieve a holistic assessment and resulting quality of care. This book will provide the reader with a clear, easily understood review of the adaptation model and its application in practice. The authors of this book are all experienced teachers, who provide invaluable information on how to overcome conceptual and practical problems in the use of the model, using examples from their clinical experiences.

Sleep Disorders in Adolescents

A Clinical Casebook

Springer This clinical casebook presents a comprehensive review of common sleep problems in adolescents in a concise, easy-to-read format. Each chapter thoroughly addresses a unique sleep disorder in teenagers through illustrative cases, reviews of relevant literature, and pearls of wisdom for both the practicing sleep specialist and other practitioners involved in the care of adolescents. Early chapters address various sleep disorders in detail: parasomnias, narcolepsy, obstructive sleep apnea, and delayed sleep-wake phase disorder, providing clear treatment considerations. Later chapters address sleep when complicated by issues of major depression, PTSD, epilepsy, and Traumatic Brain Injury. In-depth discussions and differential diagnosis engage the reader, and offer a multitude of research-based and clinically guided recommendations for the evaluation and treatment of sleep disorders in the adolescent. An ideal, practical resource for clinicians at all levels, Sleep Disorders In Adolescents provides a valuable contribution to adolescent care.

STOP, THAT and One Hundred Other Sleep Scales

Springer Science & Business Media There are at least four reasons why a sleep clinician should be familiar with rating scales that evaluate different facets of sleep. First, the use of scales facilitates a quick and accurate assessment of a complex clinical problem. In three or four minutes (the time to review ten standard scales), a clinician can come to a broad understanding of the patient in question. For example, a selection of scales might indicate that an individual is sleepy but not fatigued; lacking alertness with no insomnia; presenting with no symptoms of narcolepsy or restless legs but showing clear features of apnea; exhibiting depression and a history of significant alcohol problems. This information can be used to direct the consultation to those issues perceived as most relevant, and can even provide a springboard for explaining the benefits of certain treatment approaches or the potential corollaries of allowing the status quo to continue. Second, rating scales can provide a clinician with an enhanced vocabulary or language, improving his or her understanding of each patient. In the case of the sleep specialist, a scale can help him to distinguish fatigue from sleepiness in a patient, or elucidate the differences between sleepiness and alertness (which is not merely the inverse of the former). Sleep scales are developed by researchers and clinicians who have spent years in their field, carefully honing their preferred methods for assessing certain brain states or characteristic features of a condition. Thus, scales provide clinicians with a repertoire of questions, allowing them to draw upon the extensive experience of their colleagues when attempting to tease apart nuanced problems. Third, some scales are helpful for tracking a patient's progress. A particular patient may not remember how alert he felt on a series of different stimulant medications. Scale assessments administered periodically over the course of treatment provide an objective record of the intervention, allowing the clinician to examine and possibly reassess her approach to the patient. Finally, for individuals conducting a double-blind crossover trial or a straightforward clinical practice audit, those who are interested in research will find that their own clinics become a source of great discovery. Scales provide standardized measures that allow colleagues across cities and countries to coordinate their practices. They enable the replication of previous studies and facilitate the organization and dissemination of new research in a way that is accessible and rapid. As the emphasis placed on evidence-based care grows, a clinician's ability to assess his or her own practice and its relation to the wider medical community becomes invaluable. Scales make this kind of standardization possible, just as they enable the research efforts that help to formulate those standards. The majority of *Rating Scales in Sleep and Sleep Disorders: 100 Scales for Clinical Practice* is devoted to briefly discussing individual scales. When possible, an example of the scale is provided so that readers may gain a sense of the instrument's content. Groundbreaking and the first of its kind to conceptualize and organize the essential scales used in sleep medicine, *Rating Scales in Sleep and Sleep Disorders: 100 Scales for Clinical Practice* is an invaluable resource for all clinicians and researchers interested in sleep disorders.

Food Components to Enhance Performance

An Evaluation of Potential Performance-Enhancing Food Components for Operational Rations

National Academies Press The physiological or psychological stresses that employees bring to their workplace affect not only their own performance but that of their co-workers and others. These stresses are often compounded by those of the job itself. Medical personnel, firefighters, police, and military personnel in combat settings--among others--experience highly unpredictable timing and types of stressors. This book reviews and comments on the performance-enhancing potential of specific food components. It reflects the views of military and non-military scientists from such fields as neuroscience, nutrition, physiology, various medical specialties, and performance psychology on the most up-to-date research available on physical and mental performance enhancement in stressful conditions. Although placed within the context of military tasks, the volume will have wide-reaching implications for individuals in any job setting.

24 / 7

Late Capitalism and the Ends of Sleep

Verso Books Capitalism's colonization of every hour in the day. *24/7: Late Capitalism and the Ends of Sleep* explores some of the ruinous consequences of the expanding non-stop processes of twenty-first-century capitalism. The marketplace now operates through every hour of the clock, pushing us into constant activity and eroding forms of community and political expression, damaging the fabric of everyday life. Jonathan Crary examines how this interminable non-time blurs any separation between an intensified, ubiquitous consumerism and emerging strategies of control and surveillance. He

describes the ongoing management of individual attentiveness and the impairment of perception within the compulsory routines of contemporary technological culture. At the same time, he shows that human sleep, as a restorative withdrawal that is intrinsically incompatible with 24/7 capitalism, points to other more formidable and collective refusals of world-destroying patterns of growth and accumulation.

Handbook of Sleep Medicine

Wiley-Blackwell On average people spend one third of their life sleeping. An understanding of the physiology and pathophysiological changes that take place during this time is, therefore, essential to the medical care of patients. Sleep disorders can arise from a variety of causes including respiratory, psychiatric and neurological conditions, as well as pain and lifestyle changes. Consequently, their understanding is pertinent to a wide range of clinicians who require an overview of their diagnosis and treatment. Written by one of the UK's leading authorities on sleep Medicine, Handbook of Sleep Medicine presents a practical guide to the clinical problems related to sleep disorders. An experienced author, John Shneerson writes concisely and presents the information in a most accessible way. The text is clearly organised and full use has been made of tables and line diagrams. Whilst the body of the text is clinical in approach, the scientific basis of sleep and sleep medicine and the technical aspects of sleep investigations are explained fully. The book is divided into three sections. The first group of chapters considers the fundamentals of sleep, the effects of drugs on sleep and how to assess sleep complaints. The main body of the book consists of chapters on individual sleep disorders. Each of these has a structured approach, outlining both assessment and treatment. Insomnia, excessive daytime sleepiness, awareness during sleep and behavioural abnormalities are covered. The final chapters deal with the important respiratory consequences of upper airway dysfunction, changes in the control of breathing during sleep and the social implications of sleep problems. Sleep medicine is a fast developing discipline which interfaces with many of the medical specialties. Handbook of Sleep Medicine enables doctors and other health professionals to access recent advances ensuring that their patients receive the optimum treatment for their sleep disorders.

Physiology in Sleep

Elsevier Physiology in Sleep provides the physiological definition of sleep and presents the philosophical approach to sleep that departs from pharmacological and neurophysiological theories of sleep. This book discusses the effects of sleep on cardiovascular and respiratory function, cerebral metabolism and blood flow, as well as temperature regulation. Comprised of eight chapters, this text starts with an overview of the cardiovascular changes that occur during sleep and its direct relevance to human physiology and disease. This book then explores the variety of sleep stages, characteristics, and possible functions. Other chapters consider the evidence of nyctohemeral rhythmicity in man's hormones that subserve growth, maturation, nurture, reproduction, mineral metabolism, energy regulation, adaptation, and survival. This book further discusses the gastric, esophageal, and intestinal functioning during sleep. The final chapter explores the sleep apnea syndromes and some examples of the sudden infant death syndrome. This book is intended for readers seeking a detailed account of physiology in sleep.

Willpower

Rediscovering the Greatest Human Strength

Penguin One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

Principles and Practice of Sleep Medicine - E-Book

Expert Consult Premium Edition - Enhanced Online Features

Elsevier Health Sciences Principles and Practice of Sleep Medicine, 5th Edition, by Meir H. Kryger, MD, FRCPC, Thomas Roth, PhD, and William C. Dement, MD, PhD, delivers the comprehensive, dependable guidance you need to effectively diagnose and manage even the most challenging sleep disorders. Updates to genetics and circadian rhythms, occupational health, sleep in older people, memory and sleep, physical examination of the patient, comorbid insomnias, and much more keep you current on the newest areas of the field. A greater emphasis on evidence-based approaches helps you make the most well-informed clinical decisions. And, a new more user-friendly, full-color format, both in print and online, lets you find the answers you need more quickly and easily. Whether you are preparing for the new sleep medicine fellowship examination, or simply want to offer your patients today's best care, this is the one resource to use! Make optimal use of the newest scientific discoveries and clinical approaches that are advancing the diagnosis and management of sleep disorders.

Secrets Of Sleep

One of the world's leading sleep researchers provides the latest word on sleep, dreams, and sleep disorders.

Occupational Health and Safety

CRC Press Workplace accidents and errors cost organizations hundreds of billions of dollars each year, and the injured workers and their families endure considerable financial and emotional suffering. It's obvious that increasing employee health and safety pays. The accumulating evidence shows that investing in occupational health and safety results in improved financial and social responsibility performance. There are extensive country differences and wide occupational differences in the incidence of accidents and errors. The International Labour Organization (ILO) estimates that every year there are 2.2 million fatal and 270 million non-fatal accidents or occupational diseases worldwide. Occupational Health and Safety looks at the research into what causes accidents and errors in the workplace. In line with other titles in the series, Occupational Health and Safety emphasizes the psychological and behavioral aspects of risk in organizations. It highlights how organizations differ in their health and safety performance, with case studies throughout and best practices. Key elements focus on: employee selection and training, fostering employee understanding, participation and engagement in health and safety matters, developing a health and safety culture at organizational and group/work unit levels, communicating and reinforcing safe workplace practices and bench-marking one's organization against the industry leaders. The contributors to this volume come from various countries, reflecting unique interest and knowledge in particular areas.

Child Neglect

A Guide for Prevention, Assessment, and Intervention

Sleep, Personality, and Social Behavior

Springer Nature The purpose of this book is to survey the limited scientific knowledge about how sleep intersects with personality and social behavior. This edited volume establishes a new interdisciplinary field of inquiry about sleep that examines sleep processes in the context of social behavior and social-cognitive processes (e.g., liking, respecting, helping, hurting, achieving), as well as individual differences in personality (i.e., chronic patterns of emotion, thought, and behavior). Contributors identify key gaps in scientific knowledge about sleep and its import for personality-social processes, aiming to shape future research efforts by scholars in psychology, biology, sociology, and sleep medicine. Among the topics discussed: How sleep shapes emotion regulation Sleep and temperament in early childhood Dynamics between sleep and self-control Implications for task performance Influence of sleep on social cognition and judgment Sleep, Personality, and Social Behavior comprehensively examines the role of sleep in emotion and motivation, the impact of sleep on social-cognitive processes, the dynamics between sleeping and relationships functioning, the import of sleep for group behavior, the role of personality differences in sleep, and the role of sleep in personality and social development. Researchers in personality and social psychology, health psychology, and neurology will find this an insightful book that addresses the significant gaps in scientific understanding of sleep.

Dreamland: Adventures in the Strange Science of Sleep

W. W. Norton & Company An engrossing examination of the science behind the little-known world of sleep. Like many of us, journalist David K. Randall never gave sleep much thought. That is, until he began sleepwalking. One midnight crash into a hallway wall sent him on an investigation into the strange science of sleep. In Dreamland, Randall explores the research that is investigating those dark hours that make up nearly a third of our lives. Taking readers from military battlefields to children's bedrooms, Dreamland shows that sleep isn't as simple as it seems. Why did the results of one sleep study change the bookmakers' odds for certain Monday Night Football games? Do women sleep differently than men? And if you happen to kill someone while you are sleepwalking, does that count as murder? This book is a tour of the often odd, sometimes disturbing, and always fascinating things that go on in the peculiar world of sleep. You'll never look at your pillow the same way again.

iGen

Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us

Simon and Schuster As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

A Good Sleep: The Role of Factors in Psychosocial Health

Frontiers Media SA

The Sleep-Deprived Teen

Why Our Teenagers Are So Tired, and How Parents and Schools Can Help Them Thrive

Mango Media Inc. An Eye-Opening Parenting Guide for Better Teenage Sleep "In this timely book, Lisa L. Lewis underscores why sleep is so vital for adolescent well-being and resilience and offers detailed, actionable tools for bringing about change."—Arianna Huffington, founder & CEO of Thrive Global #1 New Release in Teen Health, Sleep Medicine, and Sleep Disorders In The Sleep-Deprived Teen, parenting journalist Lisa L. Lewis provides parents with the roadmap for more (and better) sleep for their teens—and perhaps even for themselves. Pick up this actionable guide for parents of exhausted teens. Teenagers are tired, strapped for time, and often asked to wake up far earlier than they should due to school start times. In The Sleep-Deprived Teen, Lisa L. Lewis, who helped spark the first law in

the nation requiring healthy school start times for adolescents, has written a reader-friendly book for parents who want to help their fatigued teens and tweens sleep well. Learn the science of why teenage sleep matters and how sleep changes during the teen years. Poor sleep affects mental health, athletic performance, and academic success. It contributes to adolescent depression, anxiety, and even drowsy driving. On the flip side, when teens are well-rested, they're happier, healthier, and more emotionally resilient. In *The Sleep-Deprived Teen*, you'll find:

- The science of why sleep matters and how it changes during the teen years
- A synthesis of the research, including tips and strategies to promote healthy sleep habits and help teens avoid poor sleep patterns
- An essential primer on technology, and a look at how gender, sexual identity, socioeconomic status, and race and ethnicity can affect teenage sleep

If you've read books like *Parenting the New Teen in the Age of Anxiety*, *Generation Sleepless*, or *Inconvenient Sleep*, then *The Sleep-Deprived Teen* is for you.

King Lear

Courier Corporation Contains the unabridged text *King Lear* as published in Volume XVII of *The Caxton Edition of the Complete Works of William Shakespeare*.

Sleep and Combat-Related Post Traumatic Stress Disorder

Springer There are few clinical problems in the sleep medicine field that are more challenging than the sleep difficulties experienced by individuals suffering from post-traumatic stress disorder (PTSD). This book offers a unique, complete resource addressing all the basic concepts and clinical applications in sleep medicine in settings where combat-related PTSD is commonplace. Authored by leading international experts in the field of sleep/military medicine, *Sleep and Combat-Related Post Traumatic Stress Disorder* is organized in six sections and provides a broad perspective of the field, from the established theories to the most recent developments in research, including the latest neuroscientific perspectives surrounding sleep and PTSD. The result is a full assessment of sleep in relation to combat-related PTSD and a gold standard volume that is the first of its kind. This comprehensive title will be of great interest to a wide range of clinicians -- from academics and clinicians working within or in partnership with the military health care system to veteran hospital physicians and all health personnel who work with war veterans.

Sleep and Mental Illness

Cambridge University Press The diagnosis of mental illness is frequently accompanied by sleep problems; conversely, people experiencing sleep problems may subsequently develop mental illness. *Sleep and Mental Illness* looks at this close correlation and considers the implications of research findings that have emerged in the last few years. Additionally, it surveys the essential concepts and practical tools required to deal with sleep and co-morbid psychiatric problems. The volume is divided into three main sections: basic science, neuroendocrinology, and clinical science. Included are over 30 chapters on topics such as neuropharmacology, insomnia, depression, dementia, autism, and schizophrenia. Relevant questionnaires for the assessment of sleep disorders, including quality-of-life measurement tools, are provided. There is also a summary table of drugs for treating sleep disorders. This interdisciplinary text will be of interest to clinicians working in psychiatry, behavioral sleep medicine, neurology, pulmonary and critical care medicine.

Sleep in Children and Adolescents

W B Saunders Company Each issue, guest edited by a leader in the field of sleep medicine, provides expert, state-of-the-art reviews on a single topic, making ample use of figures, diagrams, and tables in a two-colour format.

Modulation of Sleep by Obesity, Diabetes, Age, and Diet

Academic Press Sleep disorder is a rampant problem in the US, with over 40 million Americans currently diagnosed according to the NIH. There is a clear association between sleep disorder and a wide range of other human disorders – performance deficiencies, psychiatric illnesses, heart disease, obesity and more – but in spite of this there is not yet a convenient overview on the market detailing the impact of obesity, age, diabetes and diet on sleep duration and attendant health outcomes. This volume focuses on the interaction between sleep and these factors, with special attention being paid to the potential for neurological modulation of sleep via diet. The volume aids readers in understanding the role each of these factors plays in sleep architecture and its regulation by circadian biology and neurology. Aids in understanding the impact of age, diet, obesity and disease on sleep Offers focus on neurological changes that affect metabolism Explores diabetes induced sleep problems Aids to understanding the multifactorial causes of age-related sleep dysfunction Addresses selected studies of nutraceuticals affecting sleep for potential application clinically Discusses major impact on sleep

disorders by caffeine and alcohol

Crew Resource Management

Academic Press The new edition of Crew Resource Management reflects advancements made in the conceptual foundation as well as the methods and approaches of applying CRM in the aviation industry. Because CRM training has the practical goal of enhancing flight safety through more effective flight crew performance, this new edition adapts itself to fit the users, the task, and operational and regulatory environments--all of which continually evolve. Each contributor examines techniques and presents cases that best illustrate CRM concepts and training. This book discusses the history and research foundation of CRM and also stresses the importance of making adaptive changes and advancements. New chapters include: CRM and Individual Resilience; Flight and Cabin Crew Teamwork: Improving Safety in Aviation: CRM and Risk Management/Safety Management Systems; and MRM for Technical Operations. This book provides a deep understanding of CRM--what it is, how it works, and how to practically implement an effective program. Addresses the expanded operating environment--pilots, flight attendants, maintenance, etc. Assists developers and practitioners in building effective programs Describes best practices and tools for supporting CRM training in individual organizations Highlights new advances and approaches to CRM Includes five completely new chapters

Spurious Correlations

Hachette Books "Spurious Correlations ... is the most fun you'll ever have with graphs."--Bustle Military intelligence analyst and Harvard Law student Tyler Vigen illustrates the golden rule that "correlation does not equal causation" through hilarious graphs inspired by his viral website. Is there a correlation between Nic Cage films and swimming pool accidents? What about beef consumption and people getting struck by lightning? Absolutely not. But that hasn't stopped millions of people from going to tylervigen.com and asking, "Wait, what?" Vigen has designed software that scours enormous data sets to find unlikely statistical correlations. He began pulling the funniest ones for his website and has since gained millions of views, hundreds of thousands of likes, and tons of media coverage. Subversive and clever, *Spurious Correlations* is geek humor at its finest, nailing our obsession with data and conspiracy theory.

Sleep Quality in Young Adults

This work covers basic sleep facts, sleep disorders and behaviours related to young adult sleep, with particular focus on college students' sleep quality. Factors such as academic stress, personal transitions to the work world, and relationships all affect the quality of sleep.

Sleep

Clinical and Experimental Aspects

Springer Science & Business Media There is no doubt that a major problem of present day research workers, especially in the life sciences, is the plethora of publications of all kinds, abstracts, short communications, full papers in journals of varying quality, reviews and proceedings of symposia with, in addition, an unprecedented duplication of publications. Even for experts working in the field, it is almost impossible to keep an up-to-date view of all current research articles. The Western grant and career system encourages scientists to publish as much as possible. The editors and publishers of our new series are convinced that the format of Current Topics in Neuroendocrinology leads a way out of this confusion. Each volume is conceived as a concise up-to-date textbook on one well-defined and currently exciting subject. Different from classic textbooks, however, the speed of publication compares favorably with that of many journals; this ensures an immediacy which is impossible in textbooks. On the other hand, topics to be included in this series are also sufficiently reliable, with enough work being done to treat them from several aspects. Each volume will supply four to six chapters treating such a broad topic as neuroendocrinology from several points of view, for example, anatomic, electrophysiologic, endocrine and behavioral views. Where clinical data are immediately available, they will be included. No other series treating the nervous or endocrine systems provides such a coordinated set of chapters on an interesting topic in each volume.

Adolescent Sleep Patterns

Biological, Social, and Psychological Influences

Cambridge University Press There is a growing concern in relation to the problem of insufficient sleep, particularly in the United States. In the early 1990s a Congressionally mandated commission noted that insufficient sleep is a major contributor to catastrophic events, such as Chernobyl and the Exxon Valdez, as well as personal tragedies, such as automobile accidents. Adolescents appear to be among the most sleep-deprived populations in our society, though they are rarely included in sleep assessments. This book explores the genesis and development of sleep patterns in adolescents. It examines biological and cultural factors that influence sleep patterns, presents risks associated with lack of sleep, and reveals the effects of environmental factors such as work and school schedules on sleep. Adolescent Sleep Patterns will appeal to psychologists and sociologists of adolescence who have not yet considered the important role of sleep in the lives of our youth.

Mental Health in the Digital Age

Grave Dangers, Great Promise

Oxford University Press, USA The internet and related technologies have reconfigured every aspect of life, including mental health. Although the negative and positive effects of digital technology on mental health have been debated, all too often this has been done with much passion and few or no supporting data. This book brings together distinguished experts from around the world to review the evidence relating to this area.